

Living well with diabetes workshops set

An estimated 19,921 people living in Davis County have diabetes. A six-week workshop has been created to help people with type 2 diabetes.

Diabetes was identified as a top health priority for adults in Davis County Health Departments' Key Informant Survey. The online survey was conducted during November and December of 2012 as part of a comprehensive community health assessment. Addressing this priority, Davis County Health Department is offering self manage-

ment help to people with type 2 diabetes and their loved ones. Living Well with Diabetes is a fun, interactive workshop to help people with type 2 diabetes better manage their health. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and

carrying out their self-management program. Subjects covered include:

- Techniques to deal with the symptoms of diabetes: fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as

■ See "DIABETES" p. S2

Suicide support group underway

BY ISA PERRY
Davis County Health Dept.
A support group for suicide survivors continues to meet in the county. It meets the second Thursday of each month, 6-7:30 p.m. at the Central Branch Library auditorium, 155 Wasatch Drive, Layton. It is sponsored by the National Alliance on Mental Illness (NAMI). Suicide is the ninth leading cause of death in Davis County. The American Association of Suicidology estimates that for every

suicide there are six survivors. Coping with suicide is difficult. Survivors not only suffer the trauma of losing someone, but are also at a higher risk for suicide and emotional issues. The support group is led by a trained volunteer, who is also a suicide survivor. The support group is a place for the bereaved to share their experiences dealing with their loss. NAMI and the Davis County Health Department invite all those affected by

■ See "SUICIDE" p. S2



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Kristy Cottrell, Division Director
Jessica Hardcastle, Editor

Mailing Address
P.O. Box 618
Farmington, UT 84025
(801) 525-5050

Physical Address
22 S. State Street
Clearfield, UT 84015

All issues of Senior Scoop are available at http://www.davis-countyutah.gov/senior_scoop

Early bird special: Gala style



Friends Georgie Forbes and Alvin Briggs showed up early and got the pick of the tables before the Senior Gala Dinner-Dance got in full swing during last year's event at the Davis High School Commons and cafeteria. This year's 7th annual Gala sponsored by Davis County Health Department's Senior Services will be held on Wednesday, April 23, 6-9 p.m. The festive evening includes dinner and dancing along with the musical talents of Davis High School's Moonlight Orchestra, Moonlight Singers, and Moonlight Dancers. Tickets will be available for purchase in mid-March at your local senior activity center.


Photo by Bob Ballew, DCHD

Kaysville community garden springs to life

A community garden is being sponsored by the Kaysville Yard and Garden Civic Committee in collaboration with the Kaysville Parks and Recreation Department. A plot in this garden is available to any resident who desires to participate, including senior citizens. The garden is located between the Autumn Glow Senior Activity Center and the Kaysville Branch Library. A drip-type water system will be installed

and made available for individual watering needs. According to the sponsors, gardening offers healthy exercise as well as vegetable produce which enhance good nutrition. A community garden also adds a wholesome and cooperative spirit to the city while providing a sense of connection. Participants will be responsible to plant, water, weed and harvest their own plot. Those interested in partici-

pating in this community garden can go to www.kaysvilleyards.com and fill out the garden questionnaire. Looking to the future, the sponsors are searching for anyone who knows of any vacant lots in the city that have a water source and the owner is willing to make this land available for a community garden. If so, please contact Ron Zollinger at yards@kaysvillecity.com or at 801-682-9832.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 March			6 AG – Arts & Crafts 10 Nutrition Tips 11 GY – **Kingsbury Hall Trip Lapidary 8 ND – Estate Planning 11:30	7 AG – Movie/ Popcorn 12 GY – Old Time Combo Band 10:30 ND – Texas Hold ‘Em 12	8
9	10 AG – **Art 12:30 Tai Chi 2:30 GY – Empty Nesters 6-8 ND – Foot Massages 1-3:30	11 AG – Dementia Support Group 3:30 GY – Sit n Fit 8:30 Kidney Smart Class 9:30 ND – China Painting 9	12 AG – Poison Control 11:30 GY – Blood Pressure 10:30 BurchCreek Respite 1-4 ND – Rocky Mountain Care 11:30	13 AG – **AARP Smart Driving Food Bank 12 GY – Shopping at Smiths Marketplace 1 ND – SDHHH 11:30	14 AG – Estate Planning 11:30 **Dinner & Concert 5:30 GY – Stained Glass 9 Tai Chi 9:30 ND – Health & Humor 11:30	15
16	17 AG – Free Caregiver Respite 1 Special Bingo 12 GY – Arthritis Exercise Class 1 ND – Name That Irish Tune 11:30	18 AG – Lunch & Tour 11:30 GY – Alzheimer's Support Group 3:30 Pinochle 1-4 ND – **Foot Clinic Blood Pressure 10:30	19 AG – Yoga 10 AARP 11:30 GY – Open Senior Tap 8:15 Legal Consults 12:30 ND – Estate Planning 11:30 Bingo 12:15	20 AG – Wire Wrapping 8:30 Tai Chi 7 GY – Arthritis Exercises 12:30 Photography Class 1 ND – Knit & Crochet 12:15	21 AG – Arthritis Exercise 9 Bingo 10:30 GY – Soft Aerobics 8:30 Movie 1 ND – Puzzles 11:30	22 AG - Pickle Ball 6 p.m.
23	24 AG – Vaccine Presentation 11:30 GY – Yoga 10 Bingo 1 ND – Health Tips 11:30 Bingo 12:15	25 AG – Tai Chi 9:45 Name that Tune 11:30 GY – Zumba 9:30 Tai Chi 10:30 ND – **AARP Smart Driving	26 AG – Rocky Mountain Care 11:30 GY – Positive Aging 5-7 ND – Ask-A-Nurse 11:30	27 AG – Lifetime Fitness 9 Kaysville Rec Art 6:30 GY – Bill Curtis Band 10:30 ND – Quilters 10 Pinochle 12:15	28 **AG, GY, ND March Birthday Party AG – Pickle Ball 9 GY – Water Color 9 ND – Bingo 12:15	29
30	31 AG – **Water Exercise 9 GY – Oil Painting 1-4 ND – Soap Making 9	Apr. 1 AG – Lapidary 8:30 Square Dancing 12:30 GY – Lapidary 8 ND – Quilters 10 Pinochle 12:15	Apr. 2 AG – Ceramics 12 GY – Single's Social 11 ND – Do It Yourself Family History 3	Apr. 3 AG – Tai Chi 9:45 Shopping 12 GY – Computer Class 9 Shopping 12:30 ND – Porcelain 9 Pinochle 12:15	Apr. 4 AG – Lapidary 8:30 Computer 101 9:30 GY – Line Dancing 9:30 ND – Tech Lab 4	5
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						

AG ~ Autumn Glow
(801) 544-1235
81 East Center Street
Kaysville, UT 84037

GY ~ Golden Years
(801) 295-3479
726 South 100 East
Bountiful, UT 84010

ND ~ North Davis
(801) 525-5080
42 South State Street
Clearfield, UT 84015

Recycle old TVs

Safe Kids Worldwide

Did you know that every 45 minutes a child is rushed to the emergency room for a TV tip-over injury or that every 3 weeks a child dies from a television tipping over?

Safe Kids Worldwide teamed up with the Consumer Electronics Association to make homes safer by encouraging families to recycle older cathode ray tube (CRT) televisions that can tip over and harm small children.

When new TVs are brought into homes, large and heavier CRT TVs are often moved to other rooms and placed on dressers or high furniture, where they may be repurposed for use with game consoles, DVD players or VCRs.

Keep grandkids safe (and

improve the environment) while preventing TV tip-overs:

Secure your TV. If you have an older TV, make sure you place it on a low, stable piece of furniture that is appropriate for the TV's size and weight.

Recycle your TV. To find a location to safely and easily recycle unwanted TVs, go to www.greenegadgets.org. You can recycle your old TVs and any other electronics at Deseret Industries in Layton and Centerville.

If you're replacing your CRT TV with a new TV, be sure it's properly secured. Flat panel televisions should be mounted to the wall reducing the risk of TV tip-overs.

For more information on TV safety, visit <http://www.safekids.org>

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Diabetes

Continued from p. S1

depression, anger, fear and frustration

- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers

Anyone with type 2 diabetes is invited. Family and friends of those with diabetes also are encouraged to attend.

Healthy snacks will be provided.

Upcoming workshops will be held starting:

- Tuesday, March 11 from 6-8 p.m., Davis Hospital Medical Plaza, Classroom #100D, Layton
- Continuing Wednesday, March 12 from 9-11 a.m., Autumn Glow Senior Activity Center in Kaysville
- Tuesday, March 18 from 10 a.m.-Noon, Lakeview Hospital, first floor boardroom, Bountiful

To register for a workshop or for more information, call Jessica Hardcastle at 801-525-5087.

Suicide

Continued from p. S1

suicide to attend the survivor support group. Survivors learn that they are not alone as they share their stories

and learn from others in a safe, supportive environment.

For more information, contact group facilitator Kim Penman at 801-388-6017, or email penman.kimberly@yahoo.com, or visit <http://www.namiut.org>

Medicare 101 classes set

Does Medicare seem complicated? Are you turning 65 or preparing to retire?

Spend an hour at a free Medicare 101 class and learn how to take advantage of the benefits Medicare has to offer. Workshop will include information on when you should enroll in Medicare and what the different Medicare benefits are.

Class schedule is:
• Wednesday, March 12, 6:30-7:30 p.m., at Central Branch Library, 155 Wasatch

Drive, Layton

• Tuesday, March 18, 6:30-7:30 p.m., at Centerville Branch Library, 45 S. 400 West, Centerville

• Tuesday, April 1, 6:30-7:30 p.m., at South Branch Library, 725 S. Main, Bountiful.

The workshop is sponsored by the Davis County Health Department's Senior Services Division. For more information, call Marie Jorgensen at 801-525-5086.

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